



# COUNTY OF YOLO

Health and Human Services Agency

*Karen Larsen, LMFT*  
Director

137 N. Cottonwood Street • Woodland, CA 95695  
(530) 661-2750 • [www.yolocounty.org](http://www.yolocounty.org)

## Welcome to ILSP!

As a teen/young adult who is or was in foster care, did you know that you are eligible for ILSP services? Did you also know that you can potentially earn money for each class you attend? Well, you can!

### **What is the Independent Living Skills Program (ILSP)?**

ILSP is a program designed to support current and former foster youth in gaining life skills necessary in order to become self-sufficient and successful adults. ILSP will teach you important life skills, such as opening a bank account, obtaining your California ID card, conducting job searches, researching secondary education options, money management and more!

### **Why should I attend?**

In addition to learning life skills, you will also get to meet other youth and young adults who have some shared experiences. We have classes that cover a range of life skill topics such as healthy relationships, self-defense, dental health, and etiquette. We also sponsor fun events such as laser tag, season dinners and bowling. In exchange for your positive participation and attendance, 16- to 21-year-old youth can receive **\$25 for each class** attended!

### **What do I need to do to participate?**

Show up and follow our basic ground rules. All participants need to be respectful of each other and the presenters. Cell phones, if you have them, are to be turned off. ILSP events are safe and sober.

### **How do I get there?**

The Woodland HHSA Office is located at 25 N. Cottonwood St. If you are taking the Yolo Bus, you would need to be on Route 210.



The West Sacramento office is 500A Jefferson Blvd, Suite 100, West Sacramento.

If you are taking the Yolo Bus, you would need to be on Route 40.

If you need help getting there, we can provide bus passes.

**Who do I call with questions?**

If you have any questions, please contact our ILSP coordinator:

Amanda Ekman, MSW  
(530) 666-8497  
Amanda.Ekman@yolocounty.org

